

# Swim Lesson Class Descriptions

## IPAP (Ages: 6 months-2 years)

IPAP is a parent and child aquatics class which gives parent information and techniques to help orient their child to the water and to supervise water activities in a safe manner. The skills taught include: holding positions, submersion, front/back buoyancy, cueing, and basic safety skills.

## Level 1: Introduction to Water Skills (Beginner Ages: 3-5)

Level 1 is taught on the steps in the shallow end of the pool. This class offers an introduction to water skills to help children become aware of safety rules and become comfortable in the water. They are also introduced to very basic concepts which include: float positions, underwater exploration, swimming front and back with leg and arm action.

## Level 2: Fundamental Aquatic Skills (Beginners Ages: 6 and older)

The objective of Level 2 is to give students success with fundamental skills. They begin true movement on the water including floating independently and basic strokes which include front/back crawl, elementary backstroke and sidestroke.

## Level 3: Stroke Development (Prerequisite: Completion of Level 2 skill requirements)

Level 3 builds on the skills learned in Level 2 through additional guided practice. This class includes continued development/endurance in Level 2 strokes, introduction of breast and butterfly stroke, treading water, continued emphasis on breathing and timing and safe diving instruction.

## Level 4: Stroke Improvement (Prerequisite- Completion of Level 3 skill requirements)

The objective of Level 4 is to develop confidence in the strokes learned thus far, and increase student endurance by swimming greater distances. Level 4 skills will also include: turns, dives, and overall stroke improvement.